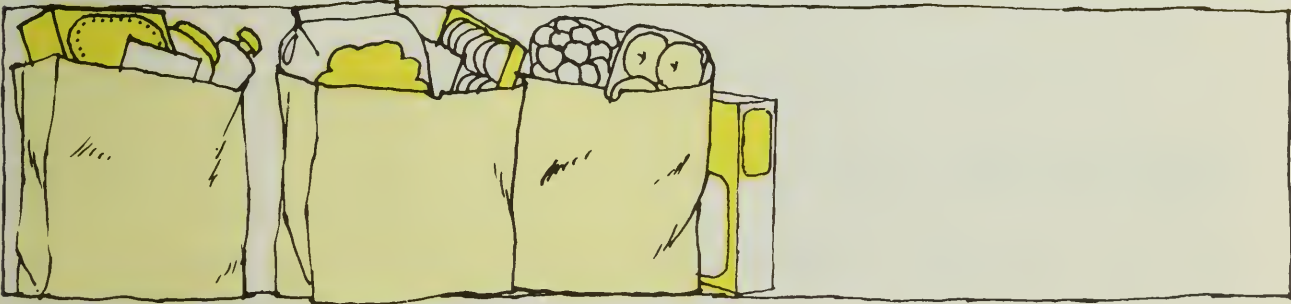
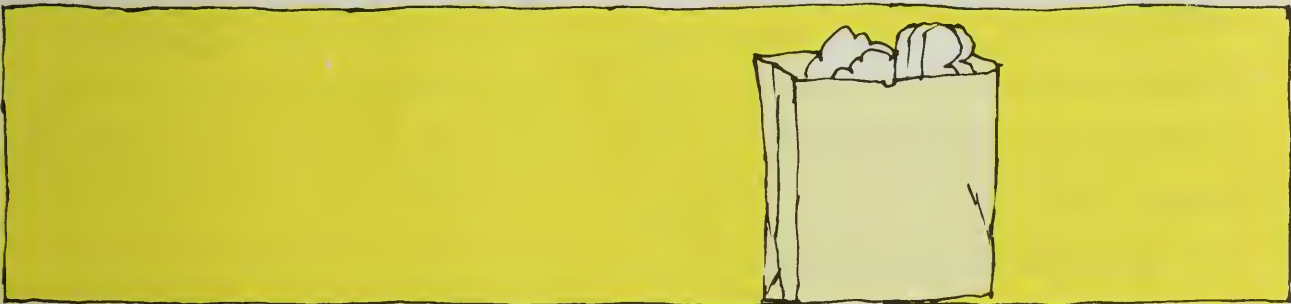


Food shopping for one



Agriculture
Canada

Publication 1747/E



630.4
C212
P 1747
1981
00Ag
c.3

4
12

1747 c.3

Canada

CONTENTS

What should you eat? /3

Milk and milk products /4

Fruits and vegetables /4

Meat, fish, poultry and alternates /5

Breads and cereals /5

Plan your meals /5

Typical daily menu /6

Menu for less active people /6

How do you rate? /6

Metric shopping /8

Check unit prices /8

Learn from labels 8

Compare costs /10

Milk and milk products /10

Breads and cereals /11

Fruits and vegetables /12

Meat, fish, poultry and alternates /13

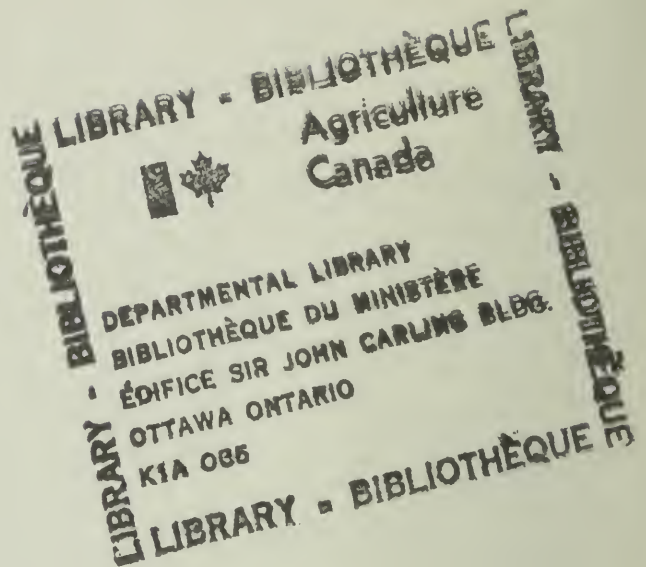
Other foods /15

Health foods /16

Keep an emergency shelf /16

Avoid waste /17

Try this food shopper's quiz /18



PUBLICATION 1747E, available from
Communications Branch, Agriculture Canada,
Ottawa K1A 0C7

©Minister of Supply and Services Canada 1981
Cat. No. A73-1747/1983E ISBN: 0-662-12500-2
Printed 1983 50M-5:83

Également disponible en français sous le titre
Bien manger quand on vit seul

Food shopping for one

Prepared by Food Advisory Division,
Agriculture Canada

If you live alone, you probably have problems when shopping for food. You try to buy economically, but you also want a variety of foods that are convenient and easily prepared, and these are usually higher priced. If you see a bargain and buy more than you can use for one or two meals, you risk wasting food or having the same monotonous meals day after day.

Learn how to get the most for your money by developing your shopping know-how. You can improve your eating habits while selecting foods that give you the most nutrition for the money.

Keep a list of the foods you buy most often and jot down the prices each week. Try to find a lower-priced item next time you shop. It may be another size package, another brand, a lower-priced cut of meat, or a frozen or canned vegetable that you can substitute for fresh. There might be a 'special' on an item that you can store easily or share with a friend. Shopping for one* is a real challenge. We hope you will find this publication useful.

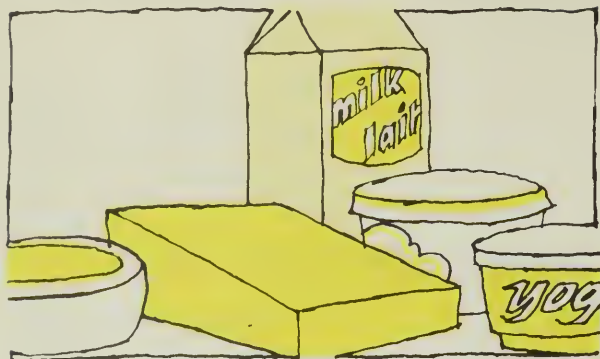
WHAT SHOULD YOU EAT?

Select the foods needed for good health and nutrition. Canada's Food Guide** will help you establish a daily eating pattern that gives the necessary nutrients. The Guide recommends a variety of foods be eaten every day and suggests the number of servings from each of four food groups: milk and milk products; breads and cereals; fruits and vegetables; meat, fish, poultry and alternates. Since nutrient needs vary with the individual, the Guide is only that — a guide. Food supplies the energy the body needs, so a very active person may require more than the suggested number of servings, and possibly other foods as well. Whatever your needs, choose foods from all four food groups every day, and try to select those with limited amounts of fat, sugar or salt.

* About one in 10 people in Canada lives alone. Most of these are 65 years and over, or 34 years and under. These are the two groups for whom this was written.

** Canada's Food Guide, Health and Welfare Canada. Revised 1982

Milk and milk products



This group includes all forms of milk — skim milk, 2% milk, whole milk, buttermilk, reconstituted skim milk powder, evaporated milk, yogurt and cheese. It provides the best sources of calcium, riboflavin and vitamin D, and also supplies several other B vitamins, vitamin A and protein. Everyone needs calcium for strong bones; older people in particular may lack this mineral.

Choose *two servings*. These examples are the equivalent, in calcium content, of one serving of whole milk:

- 250 mL (1 cup) skim milk, buttermilk, reconstituted skim milk powder, partly skimmed milk, reconstituted evaporated milk

- 250 mL (1 cup) cocoa made with milk, chocolate milk, or other flavored milk

- 175 mL (3/4 cup) yogurt

- 45 g cheddar or processed cheese

Examples of the equivalent of a fraction of a serving are:

- 250 mL (1 cup) soup made from milk — 2/3 serving

- 125 mL (1/2 cup) milk pudding or soft ice cream — 1/2 serving

- 125 mL (1/2 cup) cottage cheese — 1/4 serving

Fruits and vegetables



Fruits and vegetables are important in the diet to obtain enough vitamins, minerals and fiber. Include at least two servings of vegetables a day, particularly green, orange, or yellow types as these supply the most vitamin A. Sources of vitamin C include citrus fruit and juices, tomato juice, apple or grape juice (with added vitamin C), broccoli, brussels sprouts, cabbage and cauliflower.

Choose a variety of fruits and vegetables and eat *four or five servings*, depending on your energy needs. These are examples of one serving:

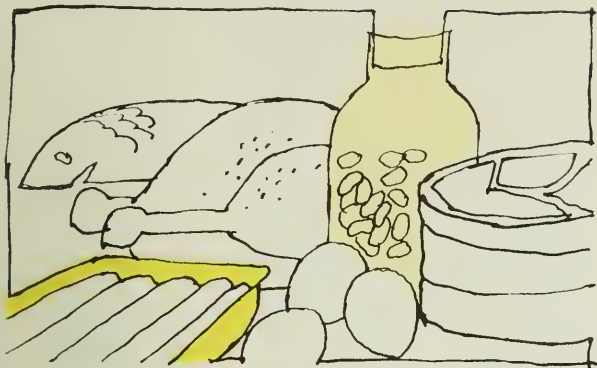
- 125 mL (1/2 cup) vegetables or fruits (fresh, frozen or canned)

- 125 mL (1/2 cup) juice (fresh, frozen or canned)

- 1 medium potato, carrot or tomato

- 1 medium peach, apple, orange or banana

Meat, fish, poultry and alternates



The foods in this group are major sources of protein and also supply iron, B vitamins and fat.

Choose *two servings*. These are examples of one serving:

- 60 to 90 g cooked lean meat, fish, poultry or liver
- 60 mL ($\frac{1}{4}$ cup) peanut butter
- 250 mL (1 cup) cooked dried peas, beans or lentils
- 125 mL ($\frac{1}{2}$ cup) nuts or seeds
- 60 g cheddar cheese
- 125 mL ($\frac{1}{2}$ cup) cottage cheese
- 2 eggs

Breads and cereals



These products include whole grain and enriched cereals, breads and pastas. Whole grain products contain dietary fiber, which adds bulk that aids in normal elimination of body wastes. Breads and cereals are also important

sources of iron, several B vitamins and carbohydrate.

Choose *three to five servings*, depending on your energy needs and personal preferences. Here are examples of one serving:

- 1 slice of bread
- 125 mL ($\frac{1}{2}$ cup) cooked cereal
- 175 mL ($\frac{3}{4}$ cup) ready-to-eat cereal
- 1 roll or muffin
- 125 mL to 175 mL ($\frac{1}{2}$ to $\frac{3}{4}$ cup) cooked rice, macaroni, spaghetti or noodles
- 1/2 hamburger or wiener bun

PLAN YOUR MEALS

Plan your meals ahead of time. You can then be sure you are including the recommended number of servings from each of the four food groups. If you lead a very active life you will need extra food to satisfy your appetite and give you energy. Planning also helps you shop for economy and convenience.

Whether you have the traditional three meals a day or several small ones depends on your age, sex, physical activity and personal choice. Your daily menu might look like one of the following...

Typical daily menu

Breakfast

fruit juice

cereal

milk

bread

beverage

Lunch

eggs or cheese

vegetable

bread

milk

beverage

Dinner

meat, fish or poultry

potatoes

vegetable

fruit

beverage

Menu for less active people

Breakfast

toast

beverage

Morning snack

fruit

muffin

milk

Lunch

eggs or cheese

bread, vegetable

beverage

Afternoon snack

milk

Dinner

meat, fish or poultry

potatoes, vegetable

Evening snack

fruit

beverage

How do you rate?

Fill out this scorecard to see if your daily meals meet all of the Canada's Food Guide recommendations. Use the sample that follows it as a guide.

Do you meet all the Food Guide recommendations? If you do, you know that you're eating nutritiously.

	Milk and milk products	Breads and cereals	Fruits and vegetables	Meat, fish, poultry and alternates
Today's menu				
Your total servings				
Recommended servings from Canada's Food Guide	2	3-5	4-5	2

SAMPLE	Milk and milk products	Breads and cereals	Fruits and vegetables	Meat, fish, poultry and alternates
Today's menu				
<i>Breakfast</i>				
Apple juice, 125 mL (½ cup)			1	
Cereal, 175 mL (¾ cup)		1		
Sugar				
Muffin		1		
Milk, 250 mL (1 cup)	1			
Coffee, 250 mL (1 cup) with coffee whitener and sugar				
<i>Lunch</i>				
Sandwich:				
bread, 2 slices		2		
butter				
peanut butter, 30 mL (1/8 cup)				½
Milk, 125 mL (½ cup)	½			
<i>Snack</i>				
Apple			1	
Cheese, 30 g				½
<i>Supper</i>				
Beef and vegetable stew, 250 mL (1 cup)			1	1
Coleslaw, 125 mL (½ cup)			1	
Ice cream, 125 mL (½ cup)	½			
Cake				
<i>Snack</i>				
Tomato juice, 125 mL (½ cup)			1	
TOTAL	2	4	5	2

METRIC SHOPPING

Shopping in metric is not very different from the way you have always shopped.

For example, five apples will cost the same, whether they are priced at cents per pound or cents per kilogram.

If you usually buy a 2 lb bag of carrots you can still pick out a bag that looks about right. When you look at the label you will see that it weighs 1 kg. This is a little heavier than 2 lb and so may cost slightly more, but you still get the same value in carrots.



Liquids are marked in millilitres (mL) for small volumes and litres (L) for larger volumes. These replace fluid ounces. For example, milk is sold by the litre (1000 mL) and cream by the millilitre (250 and 500 mL).

Solid and semisolid foods are sold in grams (g) for smaller weights, and kilograms (kg) for heavier ones. These replace ounces and pounds. As an example, meat is measured in grams and kilograms (1000 g); 500 g is a little more than 1 lb.

Metric shopping need not be confusing: simply keep buying the container or package size that suits your needs!

Check unit prices

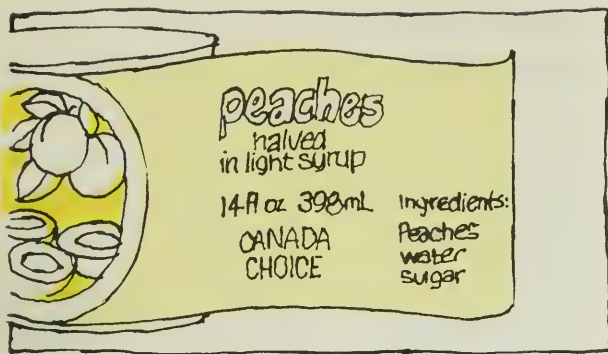
PRICE PRIX 89c	Unit price
	per 100 mL 22.4c par 100mL
	Prix à l'unité
DESSERT PEARS CHOICE POIRES DESSERT DE CHOIX 398mL	

In most major grocery stores, the unit price sticker is on the shelf above or below the product. It gives the price on a *per unit* basis (e.g. price per kg, per 100 g, per 100 mL, etc.) This lets you make a quick price comparison between different sized packages and different brands.

LEARN FROM LABELS

Did you know that by reading labels you can gain valuable information on the nutritional and dollar value of the product you buy? Consider the following examples from a label of canned fruit.

GRADE The grades (Canada Fancy, Canada Choice, Canada Standard) refer to the product's physical, not nutritional characteristics. If appearance is not important, try the less costly Canada Standard.



SYRUP STRENGTH The syrup in which canned fruit is packed is described as light, heavy or extra heavy, depending on the sugar it contains. Extra heavy syrup contains the most sugar while slightly sweetened water or fruit juices contain the least. Fruits may also be canned in their own juice; these will not be as sweet as those canned in sugar syrup.

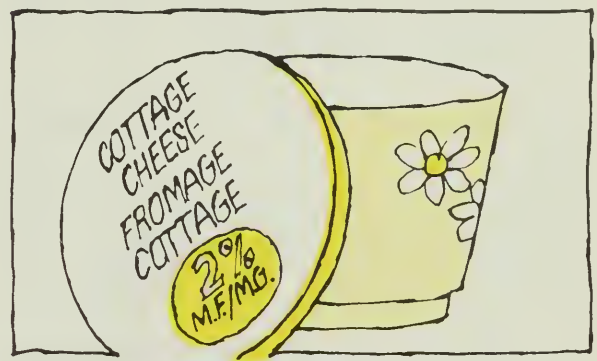
INGREDIENT LIST Ingredients are listed in descending order of proportion, the largest amount first. This can help you make wiser buying decisions. For example, when buying beef stew, check the ranking of the beef. The stew labeled “broth, beef, potatoes, carrots, etc.” will give you more meat for your money than the one labeled “broth, potatoes, beef, carrots, etc.”

SUGARS The common names for the various sugars appearing in ingredient lists are sugar (also known as sucrose), glucose (also known as dextrose), fructose and invert sugar. Sometimes two or more kinds are listed.

SALT The label may list it as sodium chloride. Look for other ingredients on the label that have sodium in the name. If you have

to restrict your sodium intake, avoid foods such as pickles and cured meats that are prepared in brine.

FAT On cheese labels, butterfat content is expressed as % B.F. (butterfat) or % M.F. (milk fat). The labels of vegetable oils, margarines and shortenings list fatty acid content only if the oils contain at least 40% polyunsaturated fatty acids and the margarines and shortenings at least 25%.



VITAMINS Vitamins added to a food are listed on the label, such as vitamins A and D added to milk and vitamin C to fruit juices.

“BEST BEFORE . . .” This shows the date by which the food should be used for best quality, as long as you store it properly.



COMPARE COSTS

Milk and milk products

The cost of most milk and milk products usually varies with the fat content; the lower the fat content, the lower the price. Compare prices to find the best buy.

Vitamin A is added to skim milk, 2% milk and skim milk powder to replace that lost when the cream was removed. Vitamin D is added to all milk in Canada. Except for differences in fat content, all milk has similar food value.

It is cheaper to buy milk in plastic bags instead of cartons.

Share the extra bags with a friend or store them in the freezer — they may be kept up to 6 weeks.

RECONSTITUTED SKIM MILK POWDER This is the most economical way to drink milk. All retail brands are of comparable quality since they are graded Canada 1. Compare prices to find the best buy.

The large package is the least costly but, for best flavor, should be used within 1 month after opening. Buy the size that best suits your needs.

For economy and convenience use skim milk powder in cooking, baking, and in condensed soups and sauces. Mix 75 mL (1/3 cup) milk powder with 250 mL (1 cup) water to make 250 mL of fluid milk.

UHT MILK Ultra high temperature milk is a specially processed fluid milk suitable for storage at room temperature, if unopened. Once opened, it must be refrigerated. Although it costs slightly more than regular milk, it is convenient to have on hand for emergencies or where there is limited refrigerator space. Check the “best before” date to see how long you can keep it before opening.



EVAPORATED MILK Whether whole, 2% or skim, evaporated milk may be diluted with equal parts of water for drinking or used undiluted as light cream. It is fortified with vitamins C, D, and in the case of 2% evaporated milk, also with vitamin A.

Large (385 mL) cans are cheaper than small cans (170 mL) but only if the milk can be used before spoiling.

CONDENSED MILK This contains a high proportion of sugar and is more expensive than evaporated milk. It may be used in place of cream or in specialty desserts.

CREAM Price varies according to the fat it contains. Cereal cream (“half and half”) with 10% fat is lowest priced. Table cream is 18-20% fat and whipping cream is 30-35% fat.

YOGURT Made from whole, 2% or skim milk and a lactic acid culture, yogurt is easily digested by most people. Price varies with the ingredients. It is usually more economical to buy plain yogurt and add your own fruit and flavorings.

COTTAGE CHEESE Large containers give you more for your money, but remember that it keeps only for a few days; always check the “best before” date on the label. Fat content is also on the label — usually 4% but sometimes 2% or less.

CHEESE The price of natural cheese varies with the degree of aging. Mild cheddar sells for less than old. Domestic cheese usually costs less than imported.

You can find many different kinds of processed cheese products on the market. There is processed cheese, processed cheese food and processed cheese spread. These all contain cheese, other milk

products and varying amounts of moisture. Although they sell for less than natural cheeses, they may not contain the same amount of protein and calcium. Skim milk processed cheese is one of the better protein buys.

Breads and cereals

Whole wheat bread is the most nutritious since few nutrients have been removed from the wheat during milling and it contains the food fiber needed for bulk.

Enriched white bread, to which B vitamins and iron are added, is almost as nutritious but is lower in fiber.

If you have a freezer, buy bread on ‘special’ and freeze it; it will keep for 2 months. You can remove one slice at a time for toasting or sandwiches.

Compare prices by weight. The larger loaves are usually a better buy. Store brand breads are usually the lowest priced.

Specialty breads (Danish, fruit, cheese, cinnamon breads, etc.) cost more than plain breads.

Bake your own cookies, muffins or pies from ‘scratch’ or from commercial mixes — it beats the price of store-bought baked goods.

Whole grain cereals that need cooking are less costly than processed cereals and give you more food value and fiber for the money. For ready-to-eat cereals, choose the whole grain kinds for more fiber — unsweetened if you





want less sugar. Check the label for added nutrients.

Granola cereals contain whole grains, sweeteners, oil, nuts, fruit and seeds. They give more energy but cost more than plain cereals.

Always check the unit price of a cereal. The larger package is not always the best buy and storing a big box may be a problem.

Brown rice and parboiled white rice usually cost less than instant white rice.

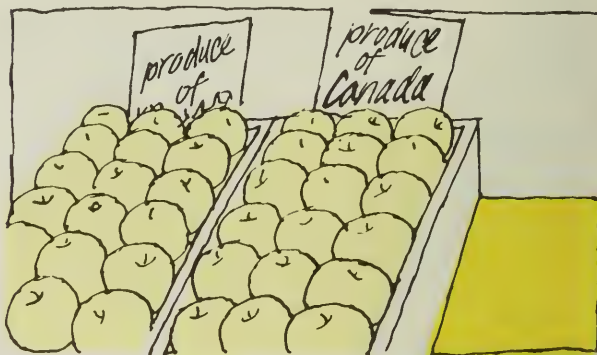
Buy pasta when at 'special' prices – it keeps for several years if the package is left unopened and stored in a dark place.



Buy enriched pasta with added B vitamins and iron to get the best food value for your money.

Fruits and vegetables

Buy fresh Canadian fruits and vegetables when they are in season (summer and fall) and lowest priced.



Buy fresh fruit in small quantities as it tends to spoil quickly. Ask the store to sell you part of a package, or buy what you need from bulk. In winter, canned fruits are usually less costly than fresh fruit.

Cold storage vegetables (potatoes, carrots, turnips, parsnips, onions) are a good buy in the fall and winter. Potatoes are one of the best buys for your money and contain vitamin C and minerals as well as food energy.

Canned and frozen vegetables are usually more economical in winter than fresh imported vegetables. Compare the prices of fresh, canned and frozen vegetables on a cost per serving basis, e.g. 225 g fresh green beans give two servings; a 300 g package of frozen green beans, four servings, and a 284 mL can of green beans, two to three servings.

Compare the prices of different brands of canned vegetables and fruit of the same size and grade;

the generic (“no-name”) brands and store brands are often lower priced.

Compare the different styles of frozen vegetables as some are more costly than others. For instance, broccoli spears cost more than chopped broccoli.

Buy plain canned or frozen vegetables. Those in sauces or with added seasonings are more expensive.

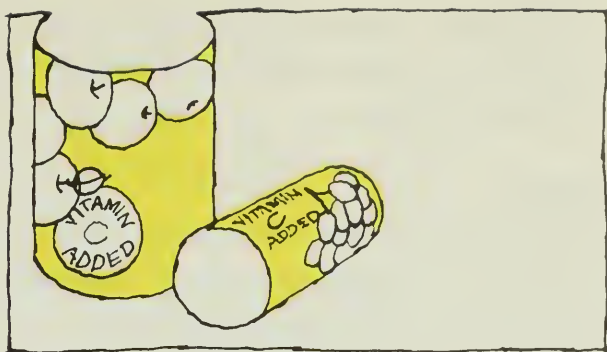
Processed potatoes (instant mashed, instant scalloped, frozen, etc.) may be convenient but are not as nutritious as fresh potatoes. Frozen potatoes cost more than fresh.

You have to eat a variety of fruits and vegetables each day to get vitamins A and/or C. These are the least costly year round: carrots, turnips, potatoes, cabbage, tomato juice, apple juice (vitamin C added) and frozen orange juice.

Compare unit prices of canned fruit juice. The 1.36 L size of canned juice is a better buy than the smaller sizes. However, you must be able to use it within 4 days after opening to get the best food value.

Check the label for addition of vitamin C. Apple juice and frozen grape juice have vitamin C added.

Frozen orange juice usually costs less than fresh or canned. The large 355 mL cans are less costly per serving than the small 177 mL cans. However, the vitamin C content decreases after mixing, so



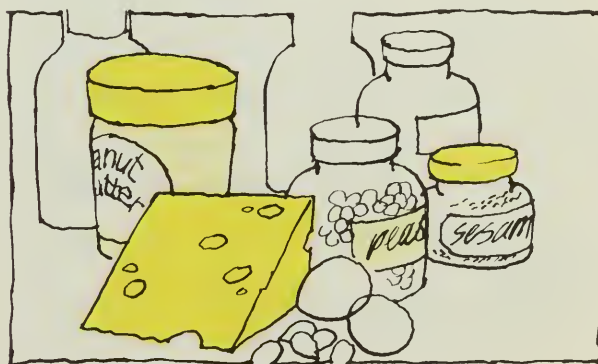
the large can is only a good buy if it can be used within 4 days.

CAUTION Fruit drinks and fruit crystals are less expensive than pure fruit juices. Although they have vitamin C added, they lack many of the nutrients found in juice.

Meat, fish, poultry and alternates

You probably spend the greatest part of your food dollar on foods from this food group. Careful shopping *can* control costs.

Eat only the amount you need — two servings each day. To save on meat, you could eat only one 60 to 90 g serving of cooked meat, fish or poultry. To get the rest of your protein, you could then try one of the alternates (cheese, eggs, beans, peas, lentils, peanut butter, nuts, or seeds). This way, you’ll only need about 1 kg of meat, fish or poultry a week.



Individual frozen main dishes are convenient and provide variety but are expensive.

Meat

Compare the prices of meat on cost per serving instead of cost per kilogram. For one serving you need:

bone-in meat	— 175 g
boneless meat	— 125 g
ground meat	— 125 g
chicken or turkey	— 250 g
steak, chops	— 175 g
liver	— 125 g
kidney	— 175 g
tongue	— 250 g

Learn the names of the less tender meat cuts since they are usually lower priced than the tender ones. Cook them covered with a little liquid to make them tender (pot roasting, braising, or stewing).

Less tender beef cuts are:

- blade roasts and steaks
- cross rib or short rib roasts and steaks
- brisket
- outside round steak
- short ribs
- flank
- shank
- stewing beef
- neck
- kidney
- tongue

Less tender cuts of lamb, veal, or pork are:

- shoulder chops, steaks, and roasts
- breast (lamb, veal)
- flank
- shank, hocks (pork)

- stewing meat
- neck, jowl (pork)
- kidney
- tongue

Regular ground beef contains more fat than medium or lean, but sells for less. Use regular ground beef in meat balls, patties and other dishes where the fat may be drained away.

Use variety meats such as liver, kidney and tongue since they are lower priced than other meats. Use beef, pork or chicken liver instead of the more costly calves liver.

Look for shoulder cuts on 'special' and cut up your own stew meat — it's usually cheaper than the ready-cut stew meat.

Although canned meats (including stews) are convenient, they are much more expensive than fresh meat you cook.

Cooked meat, sliced and prepackaged, usually costs more than unsliced.

Extend meat by mixing or serving with pasta, rice or beans. Add bread crumbs to meat patties and loaves.

Fish

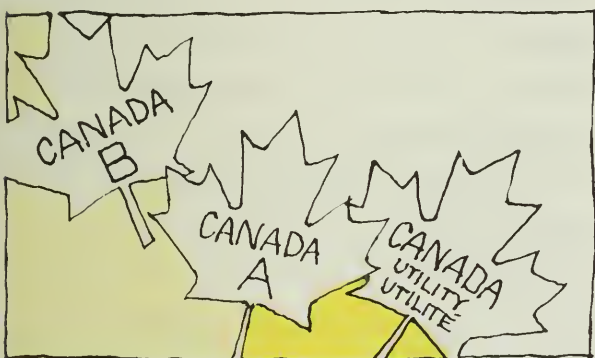
Watch for 'specials' on frozen fish; unbreaded fillets are usually less costly than breaded ones.

Compare prices of canned fish. Pink salmon is lower priced than red, flaked tuna costs less than solid tuna, light meat tuna costs less than white and water pack tuna less than oil pack.

Poultry

Whole or half chickens that you cut up yourself are a better buy than chicken pieces. You can freeze the sliced meat for later use in sandwiches, casseroles, etc.

Look for lower grade chicken or turkey; Canada Grade B or Canada Grade Utility costs less than Canada Grade A. Grade B birds will not be as plump or look as good as Grade A birds and Grade Utility may have a part missing.



Alternates

Eggs graded Canada A and A1 are sized Extra Large, Large, Medium, Small and Peewee. Compare prices — sometimes medium or small eggs are a better buy than large ones.

For a meatless meal try one of these:

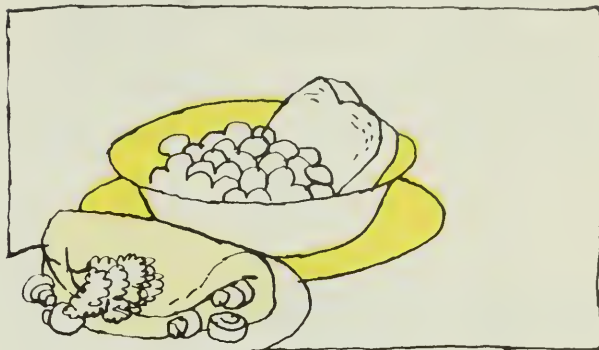
Eggs in an omelette with mushrooms or cheese, or hard-cooked eggs with a cream sauce and mixed vegetables.

Cheese in macaroni and cheese, cheese sauce over vegetables, a grilled cheese sandwich or a wedge of cheese for a snack.

Soybeans are particularly high in protein. Try combining cooked beans, peas, lentils or

nuts with other vegetables in a casserole or in soups.

Baked beans and bread give a “complete” protein meal.



Other foods

SOUPS Ready-to-serve soups and instant soups made in a cup are the most costly. Dehydrated and canned soups cost about the same per serving. For greater economy, dilute canned cream soups with reconstituted skim milk powder. Homemade soups made from leftover bones, vegetables and meat trimmings are the least expensive.



HERBS AND SPICES It is cheaper to buy small amounts of herbs and spices from bulk (usually found in health food stores).

BUTTER To extend butter, make whipped butter by beating 125 mL of milk into 250 mL softened

butter until light and fluffy. For greater economy, use 75 mL (1/3 cup) skim milk powder to 125 mL (1/2 cup) water. This increases the volume by a third and makes the butter easier to spread. Whipped butter is suitable as a spread but not for cooking, since it separates.

HEALTH FOODS

“Health foods” or “natural foods” are sold in specialty stores or in special areas of grocery or drug stores. Many of these can add variety to your meals. They are usually sold from bulk containers so that you can buy just the amount you need. However, some health foods are high priced. Always check unit prices and compare with the grocery store price. Beware of health foods for which exaggerated nutritional claims are made.

KEEP AN EMERGENCY SHELF



Plan to keep some of the following items on hand for the days when

you can't go shopping. Don't leave them in your cupboard or freezer indefinitely — a few weeks or months at the most. Write the date of purchase on each one, and replace them frequently.

CUPBOARD STORAGE

skim milk powder
UHT milk
evaporated milk
canned milk pudding
jelly powder
dry cereal
crackers
pasta
canned macaroni, spaghetti, etc.
canned soups
canned meat, chicken or fish
peanut butter
tomato juice
fruit juice
canned fruit
canned vegetables
tea, instant coffee

FROZEN STORAGE (-18°C)

milk in bags — up to 6 weeks
cheese — 2 to 3 months
butter — several months
margarine — up to 6 months
bread — 1 month
muffins — 1 month
frozen meat — several months
fish — 2 months
poultry — 6 months
meat pies — 2 months
frozen juice — several months
frozen fruit — several months
frozen vegetables — several months

AVOID WASTE

Prevent costly waste from food spoilage and illness from food poisoning. Follow these recommendations for storing food:

Keep hot foods hot (above 60°C) and cold foods cold in the refrigerator (below 4°C). For example, if you buy hot cooked chicken either keep it hot or refrigerate it until serving time.

Store cold cuts in the refrigerator; never keep them at room temperature for more than 2 hours.

Remove stuffing from cooked meat, fish or poultry before cooling and storing. Refrigerate stuffing in separate containers.

Keep cooked meat, fish, poultry, gravy, broth and canned meats in covered containers in the refrigerator. Use within 3 to 4 days (date container as a reminder).



Heat frozen cooked meat, poultry or fish without thawing, or thaw in the refrigerator.

Store cooked meat and combination dishes in the freezer at -18°C no longer than 3 months. If freezer temperature

is above -18°C, storage times will be shorter.

Keep shelled nuts in tightly closed containers in the refrigerator or freezer; they will stay fresh for several months.



Freeze cheese by wrapping thin pieces in plastic film, and then in foil. Freeze quickly at -18°C. It may be kept frozen for up to 3 months, but may become somewhat more crumbly. Thaw in the refrigerator. Don't freeze cream and cottage cheese.

Check your refrigerator's temperature from time to time. It should be kept at 4°C. A higher temperature can lead to unnecessary food spoilage.

Stretch your food dollar further by using leftovers in a variety of ways:

Vegetables in salads, casseroles or soups.

Fruit in jelly, salads, cereal and baked goods.

Meat in salads, hash, sandwiches, casseroles and soups.

Soup in sauces, gravy, casseroles.

Cooked cereals in meat patties, puddings and soups.

TRY THIS FOOD SHOPPER’S QUIZ

Do you:		Yes	No
1	Plan your meals for a week and then make a shopping list?	_____	_____
2	Choose foods from the four food groups when you shop?	_____	_____
3	Check weekly food ads for ‘specials’ and seasonal fruits and vegetables?	_____	_____
4	Check the best price by comparing unit prices by volume or weight of name brands, store brands, or generic brands?	_____	_____
5	Buy food according to cost per serving, rather than cost per package?	_____	_____
6	Read the label for ingredients?	_____	_____
	grade name?	_____	_____
	“best before” date?	_____	_____
7	Divide large packages that are a good buy with a friend?	_____	_____
8	Check groceries on shelves above and below eye level where you will often find good buys?	_____	_____
9	Save coupons for discounts on certain items, but never buy items you don’t need? (You can exchange coupons with a friend)	_____	_____
10	Keep a record of money spent on food items? Remember that items such as paper products, laundry detergents and household cleaners should not be recorded as part of your food costs.	_____	_____
11	Ask to have large packages of fruit, vegetables and meat broken up in the size that suits your needs?	_____	_____
12	Keep track of the regular prices of items so that you’ll know when something really <i>is</i> priced as a ‘special’?	_____	_____

Check the number of yes and no’s. You are a good shopper if you answered ‘yes’ 10 to 12 times. You are a fairly good shopper if you answered ‘yes’ 7 to 9 times. But if you answered ‘yes’ only 6 times or less, you need to improve your shopping habits.

KITCHEN METRICS

VOLUME

Use metric measures for metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:

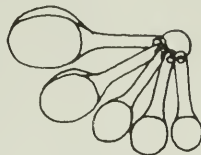
1000 mL = 1L
500 mL
250 mL



250 mL
125 mL
50 mL



25 mL
15 mL
5 mL
2 mL
1 mL



TEMPERATURE

Most commonly used oven temperatures

°C	replaces	°F	°C	replaces	°F
100		200	190		375
150		300	200		400
160		325	220		425
180		350	230		450

Refrigerator temperature: 4°C replaces 40°F
Freezer temperature: -18°C replaces 0°F

MASS

1 kg (1000 g) is slightly more than 2 pounds
30 g is about 1 ounce

LENGTH

1 cm (10 mm) is slightly less than 1/2 inch
5 cm is about 2 inches

PRESSURE

Pressure for pressure cookers and canners is measured in kilopascals (kPa) instead of pounds per square inch (PSI).

kPa	replaces	PSI
35		5
70		10
100		15

630.4
C212
P 1747
198\$
OOAg
c.3

Food shopping for one



3 9073 00021997 4

